

Trend analysis of Ayurveda studies in Korea

Mee-Sook Cheong^{1,*}, Sun-Mi Kwon²¹Naturopathy Department, Dongbang Culture University, Seoul, South Korea²Department Natural Forest Healing Welfare, Dongbang Culture University, Seoul, South Korea

ARTICLE INFO

Article history:

Received 16 December 2021

Received in revised form

8 May 2022

Accepted 19 May 2022

Keywords:

Ayurveda

Ayurveda medicine

Research trends

Men and women

Research methods

Research institutes

ABSTRACT

This study analyzes the trends of studies on Ayurveda in Korea. Ayurveda is a natural healing system that heals the body, mind, and soul as a traditional medicine in India. The importance of natural healing is being emphasized more domestically and internationally, and various methods and healing theories that increase an individual's immunity are being re-evaluated. Against this background of the times, it is urgently necessary to analyze the trends of Ayurveda studies. This study used domestic journals and degree theses of the Research Information Sharing Service (RISS) from January 1997 to June. The data were searched through the keywords 'Ayurveda (Korean)' or "Ayurveda." For data analysis, descriptive statistical analysis was performed. As a result of the research, a total of 193 theses were published, including 57 master's theses, 28 doctoral theses, and 108 academic theses. Among the results, Mee-Sook Cheong (23 articles, 11.94%) wrote the most research papers. In terms of gender, there was a difference in the number of female researchers nearly three times that of male researchers. By the year, 2020 had the highest number of publications. In terms of study methods, there were many literature studies, followed by quantitative studies. By study institute, Changwon University produced the most master's theses and Dong-Bang Culture University had the most doctoral. In conclusion, what learned through this study was that the natural healing system of Ayurveda, a classical medicine, moved with the flow of time. The results can be concluded based on the trends of the condition of well-being and the trends within the condition of COVID-19. The results will also provide basic data for future researchers on trends in Ayurvedic studies.

© 2022 The Authors. Published by IASE. This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).

1. Introduction

Since the first outbreak of COVID-19 in Wuhan, China in December 2019, concerns about and interest in health are increasing and various infectious diseases have spread around the world. As the new coronavirus infection 'fourth pandemic' continues, on July 15, 2021, the Director-General of the World Health Organization (WHO) requested that China actively cooperate with the investigation into the cause of the new coronavirus infection pandemic. On July 16, the WHO COVID-19 Emergency Committee was concerned that the new kind of coronavirus mutation would spread around the world, making it more difficult to end the

pandemic. As a result, anxiety is heightened and there is no choice but to pay attention to health prevention.

Until now, with the development of science and medical technology, the life expectancy of human beings is dreaming of a healthy life of 100 years or more, and scientists studying longevity said, "There is no limit to the lifespan of mankind." Cells in our body divide frequently to create new cells, and as we age, our body divides 40-50 times. When senescent cells that can no longer divide accumulate, if the immune system is normal, the senescent cells are recognized as invaders and eliminated. However, when the immune system is weakened due to aging, senescent cells accumulate in the body, causing inflammation and aging (Frawley, 1989). It is the human mind that wants to get rid of this aging and live longer. Recently, natural healing has been widely used to get rid of aging. Because modern medical approaches rely excessively on drugs or surgery, there are many side effects, so the trend is moving towards natural healing.

* Corresponding Author.

Email Address: ayurveda16@naver.com (M. S. Cheong)

<https://doi.org/10.21833/ijaas.2022.08.014>

Corresponding author's ORCID profile:

<https://orcid.org/0000-0002-1280-305X>

2313-626X/© 2022 The Authors. Published by IASE.

This is an open access article under the CC BY-NC-ND license

(<http://creativecommons.org/licenses/by-nc-nd/4.0/>)

As such, the importance of natural healing is being emphasized more domestically and abroad, including various methods and healing theories. Among these natural healing methods, Ayurveda is widely used to enhance immunity worldwide and to activate Natural Killer (NK) cells. Therefore, as a method of activating NK cells that help increase immunity, various natural healing methods are rapidly emerging. It is reported that NK cells, which are immunity cells, play a role in directly destroying virus-infected cells or cancer cells (Cheong and Jeong, 2021).

Ayurveda has a long history among natural healing systems recognized by the WHO. From a global perspective, Ayurveda is being actively used in Japan, the United States, and Germany. However, in Korea, the activity seems to be low. The reason appears to be the social situation in Korea. Ayurveda is India's traditional constitutional medicine, which is a Vedic science that heals the body and mind. It sees the holistic human existence including not only the body but also the mind and spirit.

Ayurveda focuses on the integration of mind and body through comprehensive health care, and the ultimate goal is self-transcendence and self-realization (Frawley, 1999). Ayurveda is to develop autoimmunity by understanding the causes of body and mind diseases, finding what suits self in life, and making it a habit to balance your body, mind, and soul (Cheong and Tae, 2020). It is a self-healing system with the goal of relieving physical and mental pain by restoring integrity, and promoting physical and psychological well-being so that diseases can be cured. It is a medical system that interrelatedly examines the universe and humans and is the first life science that originated in India.

Ayurveda is a Sanskrit meaning "medicine of life." "Ayu" means life or daily life, and 'Veda' means knowledge. Therefore, Ayurveda etymologically means the science of the lifespan of all creatures, including how that lifespan and the surrounding environment are related. This eternal life is to obtain the time necessary to attain enlightenment. In other words, Ayurveda deals not only with lifestyle and diet but also with the healing of physical and mental ailments. Ayurveda solves physical problems through diet, cleansing, massage, asana, herbal remedies, marma remedies, etc., and also psychological and psychological problems. Breathing therapy, color therapy, stone therapy, aroma therapy, mantra therapy, meditation, etc. are aimed at treating psychological and mental problems, but they also solve physical problems.

Ayurveda, a constitutional medicine, begins healing based on the three constitutions (tri-dosha) divided into seven constitutions three pure constitutions, three complex constitutions, and VPK composite constitutions. Here the mental constitution tree Guna (tri-guna) enters and is divided into 21 constitutions (Cheong, 2017). In this study, the three basic constitutions are summarized as follows.

The Vata (air) type is light and cold, with weak bones. Vata's mind consists of air and space elements. The Vata (air) type of psychological confusion occurs much more frequently when the Vata, which easily affects the mind as a nerve force, is too high. Excessive Vata causes instability and agitation of the mind, which leads to excessive thoughts and worries, making the problem seem worse than it really is. Thus, the mind becomes overly sensitive and overreacting, taking things too personally and prone to immature or inappropriate actions that may exacerbate problems. High Vata has no sense of reality and makes it unrealistic. In this state, one may fall into hallucinations and false imaginings, hallucinations or delusions, and live in thoughts that may confuse perception with physical reality, weakening connections. The vitality is dispersed by the excessive activity of the mind, unable to heed the advice of others. High Vata causes fear, self-alienation, anxiety, insomnia, tremors, palpitations, anxiety, rapid mood swings, and manic depression (Cheong, 2017).

The Pitta (Fire) type is usually hot and muscular. Pitta type psychological disorder usually has strong self-control, but can be egocentric and antisocial. The fire and heat of Pitta make the mind narrow-minded and arguing, fighting with others and with oneself. The psychiatric disorders of Pitta are typically due to too much aggression or hostility. The immature Pitta type slanders everyone, blames others for everything, has many enemies, always fights, and is overly critical. High pitching causes agitation, irritability, anger, and violence, and can be authoritarian or fanatical (Cheong, 2017).

The Kapha (water) type is stagnant and disturbs the mind by clouding the senses. High Kapha generally causes mental dullness, congestion, and poor awareness. Kapha's psychological problems lead to obsession, lack of enthusiasm, depression, sadness, and dependence. High Kapha types are greedy and possessive, making their minds heavy, dull, and depressed. Kapha wants to remain children and be protected and is obsessed with what others think of them. The Kapha passively reflects the environment at hand due to a lack of a correct self-image and often ends up being protected by others, unable to stand on their own. However, the stronger Kapha types can suffer from greed and possessiveness, leaving their minds heavy, dull, and depressed (Mee Sook, 2017; Frawley, 2006).

Treatment usually requires a generally balanced handling of the biological substrate. In particular, it is generally best to deal with the problem of Vata first, because Vata is the most prone to problems of any biological substrate (Cheong, 2017; Frawley, 2006).

In 1998, Jong-Woon Park (Park and Park, 1998) received his doctorate thesis by translating the Ayurvedic medical book into Japanese. Since there were no papers from 1998 to early 2000, it appears that almost no academic research has been done on Ayurveda. In 2003, as the study on 'Comparison of Ayurveda and Humanistic Psychology' of Mee-Sook

Cheong's master's thesis (Cheong, 2003) began, studies using Ayurveda in counseling psychology began to emerge. Since 2006, the interpretation of Ayurveda's original source and its application methods have been studied by Cheong (2006), Kim et al. (2008), and Lee (2013).

Kim and Youn (2016) analyzed the trends of master's and doctoral dissertations on domestic Ayurvedic study, from 1997 to December 2016 was searched and studied. The first period was 1997-2005. By year, the second period was 2006-2010, and the third period was 2011-2016, focusing on master's and doctoral dissertations. In the first period, there was 1 doctorate and 7 master's thesis. In the second period, there were 6 master's theses and 24 doctor's theses. In the third period, there were 6 masters and 14 doctoral cases.

From 2003 to 2010, Ayurveda in full swing was found to be studied. This is thought to be because, after the third period, it can be seen that the main focus of doctoral dissertations was the production of experts based on expertise. The healing techniques of Ayurveda, the basis of well-being, aroused interest. This study was limited to the analysis of the thesis trend. In May 2021, there was a recent study on 'Trend Analysis of Papers on Ayurvedic Research in Korea' by Kim (2021). Analysis by major in this study showed that natural healing majors accounted for 33.3%, counseling psychology 25.9%, aesthetics, 22.2%, education 7.4%, and oriental medicine, beauty management, and integrative medicine for 3.7% each. As the president of the Ayurvedic association moved from the Department of Counseling Psychology to the Natural Healing and Ayurvedic majors, the magnification of the thesis changed by major. Unlike the system suggested in the previous studies, this study tried to analyze the trends of the dissertations and the entire journal papers every 10 years. The purpose of this study is to present basic data to future researchers by arranging research trends.

2. Study method

2.1. Study subject

The subject of this study was to search for data through the search terms 'Ayurveda (Korean)' or 'Ayurveda' in the title of the thesis, focusing on domestic Journals and dissertations in the data search of the Research Information Sharing Service (Riss). It searched for articles from January 1, 1997, when Ayurvedic articles began, to the present, and from June 30, 2021. As of June 2021, a total of 252 articles were searched for through Riss, including 66 domestic master's theses, 38 domestic doctoral dissertations, and 148 domestic Journals. Among them, 193 Articles were selected and analyzed, including 57 master's theses, 28 doctoral dissertations, and 108 Journals, which were used for analysis except for Articles that did not meet the purpose of the Article.

2.2. Study design

This study was conducted from April 15, 2021, to July 10, 2021. From April 15 to April 30, 2021, literature and previous studies were collected to find the theoretical background and the need for research. Data collection on and organization of the study subjects started on May 1, 2021, until June 30, 2021. The data analysis period was from July 1 to July 5, 2021. Final arrangements were made by July 15th. This study was conducted by a total of 3 people, 2 experts, and 1 researcher. Expert 1 is a professor teaching research, and Expert 2 is a person with a doctoral dissertation. The first meeting was held on April 15, 2021, and the scope of the study was determined at the first meeting. The second meeting was held on July 5, 2021. At the second meeting, the representative author of the thesis, the subject of this study, was selected as the corresponding author, and the corresponding author was analyzed mainly. The overall review of the study was done by the two experts.

2.3. Analysis of study methods by publication type data analysis

The study used descriptive statistical analysis. The analysis revealed the researchers, gender, year of publication, research classification (master's thesis, doctoral dissertations, journals), research method, and source, and presented the frequency-converted into real numbers and percentages. When analyzing researchers in the analysis criteria, when the authors were more than 2, they only analyzed the corresponding author, and in a man and women division, the author was organized into one person if the author has published several papers. We analyzed technology statistical analysis in the same standard.

3. Results

In this study result, the researchers' name, gender, year of publication, research classification (master's thesis, doctoral dissertations, journals), research method, and source were analyzed and trends were revealed.

3.1. Researcher analysis

When analyzing the researchers for this study, the researchers focused on the corresponding authors. When there were several researchers, only the corresponding author was used in this study. The total number of researchers who participated in the 193 Articles was 113. Among them, the analysis focusing on researchers who published three or more articles is as follows in Table 1 and Fig. 1.

In the researcher analysis, 5 major researchers out of a total of 115 researchers are shown in the Table 1, and 110 researchers with two or fewer articles are listed as others. As a result of the thesis

analysis, the main researchers were Mee-sook Cheong (23 articles, 11.94%), Cheon-Seong Yoon (12 articles, 6.2%), Keo-Ryong Lee (9 articles, 4.7%), Ki-Wook Kim (7 articles, 3.6%), Eul-Sik Moon (4

articles, 2.1%), Jae-Gyeong Lee (4 articles, 2.1%), Ju-Hyeon Yeon (3 articles, 1.6%), followed by Soon-Deok Hwang(articles, 1.6%).

Table 1: Analysis of the number of papers by major researchers

Researcher	Mee-Sook, Cheong	Cheon Seong, Yoon	Geo Ryong., Lee	Ki Wook, Kim	Eul Sik, Moon	Jae Gyeong, Lee	Ju Hyeon, Yeon	Sun Deok, Hwang	others	Sum
N	23	13	9	7	4	4	3	3	127	193
%	11.9	6.2	4.7	3.6	2.1	2.1	1.6	1.6	65.2	100

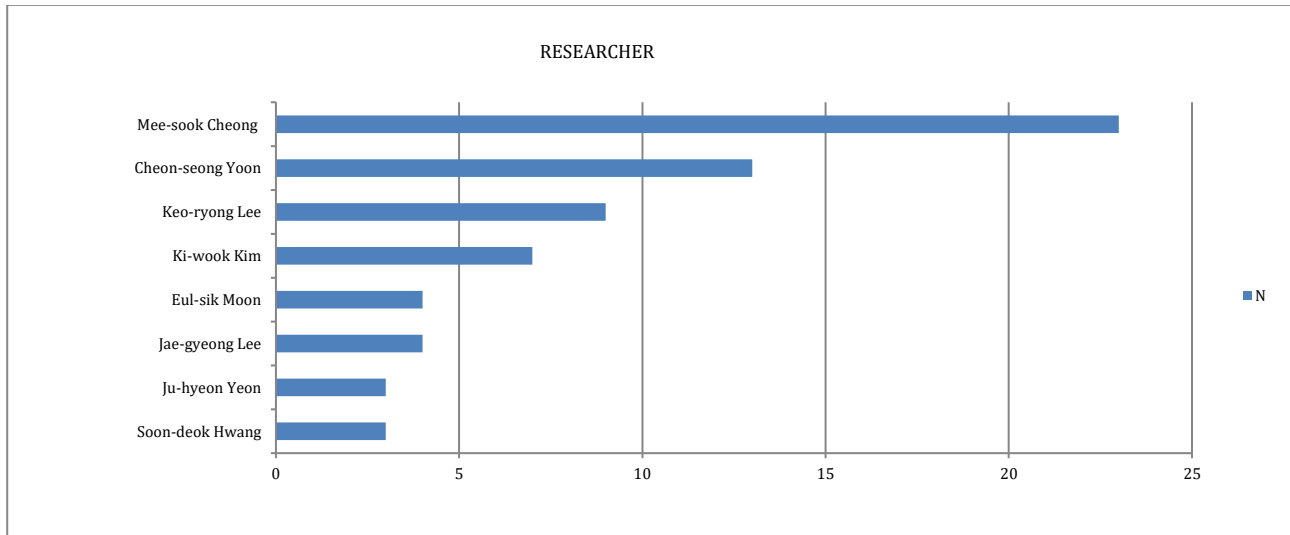


Fig. 1: Trends in the number of articles by major researchers

Cheong (2003; 2006), who wrote the most articles, translated the original text and wrote her master's and doctoral dissertation at Changwon University. Starting with this, 10 articles were published in the Korean Ayurveda Association, the Institute of Buddhist Culture and Art at Dong-Bang Culture University, the Korean Society for Indian Studies, the Korean Society for Holistic Convergence Education, Study Asia-Pacific Journal of Multimedia Services Convergent with Art, Humanities, and Sociology (AJMAHS), Study Asia-Pacific Journal of Convergent Research Interchange, and the Study Journal of Yoga Studies. The 11 remaining articles were studied through quantitative and qualitative research in academic journals.

Cheon-Seong Yoon published 12 articles in the Korean Society of Beauty Industry, the Korean Society for Lifelong Education Leadership, the Asian Academy of Cultures, and the Korean Society of Art and Human Body Art.

Geo-Ryong Lee published nine works in the Korea Society for Indian Philosophy, Institute of Indian Studies Han-Kuk University of Foreign Studies and Journal of the Society of Beauty and Art, and The

Korean Society for Indian Studies. Jae-Gyeong Lee published in the Korean Journal of Fusion Ayurveda Study, a Study Asia-Pacific Journal of Multimedia Services Convergent with Art, Humanities, and Sociology (AJMAHS), Study Asia-Pacific Journal of Convergent Research Interchange and Doctoral dissertation. Ju-Hyeon Yeon published in Study Journal of Yoga Studies, Korean Journal of Fusion Ayurveda Study, and Doctoral dissertation. Sun-Deok Hwang published in Study Asia-Pacific Journal of Multimedia Services Convergent with Art, Humanities, and Sociology (AJMAHS), Korean Journal of Fusion Ayurveda Study, and Doctoral dissertation.

3.2. Gender analysis

The following (Table 2 and Fig. 2) is a gender analysis of the authors of the degree thesis and journals. In the gender analysis, if there were several papers by one researcher, only the main researcher was considered. Therefore, the gender analysis is analyzed with a total of 115 authors.

Table 2: Paper classification analysis table by gender

Gender	Journal	Master's	Doctoral	S
M	11(8.3)	21 (15.9)	3 (2.3)	35(26.5)
F	35 (26.5)	36 (27.3)	26 (19.7)	97(73.5)
S	46 (34.8)	57 (43.9)	29 (21.2)	132 (100)

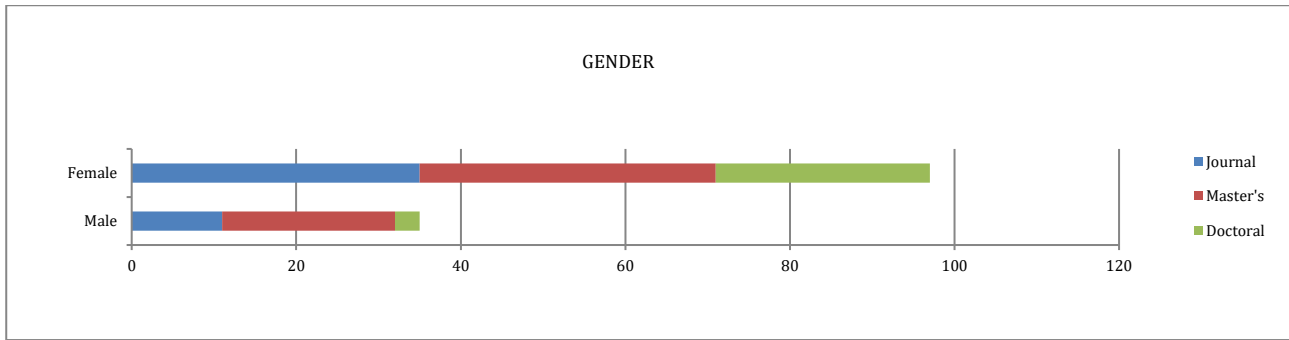


Fig. 2: Trends in papers by gender

As a result of classifying papers by gender, it was confirmed that there were significantly more female researchers than male researchers regardless of whether they had a master's or doctoral degree. This showed a remarkable trend in the master's thesis,

and it was confirmed that the journals showed a relatively small gap compared to the previous two categories.

The study methods according to gender are as Table 3.

Table 3: Analysis table for study method classification according to gender

		Literature	Qualitative	Quantitative	Mixed	N(%)
Gender	M	38 (19.7)	4 (2.1)	9 (4.7)	12(6.2)	63(32.6)
	F	60 (31.1)	24 (12.4)	45 (23.3)	1(0.5)	130 (67.4)
N(%)		98 (50.8)	28 (14.5)	54 (28.0)	13(6.7)	193 (100)

Study methods according to gender were analyzed based on the total articles. Looking at the research methods according to gender, male and female could be seen both did a number of literature studies. It was found that men did a lot of literature and mixed studies, and women did a lot of literature and quantitative studies. In the mixed study, it was found that male researchers did much more research.

In 2008 (12) the number of articles doubled compared to 2004 (6). And in 2010 (16), a lot of Ayurveda studies were published. It was low from 2011 (6) to 2013 (6), but a large amount was published in 2014 (15). And in 2018 (18), the number of papers increased and continued until 2020. The analysis in 2021 ended in June. Therefore, more papers may still be published in the six remaining months.

3.3. Publication year trend analysis

The following (Table 4 and Fig. 3) is an analysis of the trends of degree thesis and journals according to the year of publication.

Looking at the trend of papers by year, the number of papers increased slightly from 1997 (1) to 2004 (6). In 2006 (9), it started to increase again.

3.4. Publication

The following (Table 5 and Fig. 4) is an analysis of the publication period of the paper by classifying it into four stages. The trends were analyzed by dividing them into four cycles in the 1900s, 2000s, 2010s, and 2020s.

Table 4: Number of papers per year

Y	'97	'02	'03	'04	'05	'06	'07	'08	'09	'10	'11
N	1	1	2	6	3	9	6	12	11	16	5
%	0.5	0.5	1.0	3.1	1.6	4.7	3.1	6.2	5.7	8.3	2.6
Y	'12	'13	'14	'15	'16	'17	'18	'19	'20	'21	N
N	6	5	15	9	14	12	18	15	19	8	193
%	3.1	2.6	7.8	4.7	7.3	6.2	9.3	7.8	9.8	4.1	100

A total of 193 master's theses, doctoral dissertations, and journal articles were analyzed over every 10-year period for each period. There was no significant difference in the number of master's thesis writings between the 2000s and 2010s. However, it was confirmed that the number of doctoral dissertations more than doubled in the 2010s compared to the previous year. Journals papers were also published almost three times more in the second period than in the first period. After 2020, more studies are expected. In 2021, only one semester was analyzed, so more studies are expected.

3.5. Analysis of study methods by publication type

The master's theses, doctoral dissertations, and journals were classified, and study methods were analyzed, as shown in Table 6.

As a result of finding what kind of study method was carried out by study classification, the number of master's theses was the highest in the order of literature study, quantitative study, qualitative study, and mixed study. The doctoral thesis was in the order of literature study, qualitative study, quantitative study, and mixed study. In particular, journal articles were applied as quantitative and

qualitative studies after the literature study, and many follow-up articles were written. This is because Ayurveda is traditional medicine in India, and there is an original source in Sanskrit. Various

studies are difficult without understanding Ayurveda's original text.

Table 7 is an analysis of the study methods for each of the four periods according to the classification.

Table 5: Publication type breakdown by period

	~1999	2000~2009	2010~2019	2020~
Journals	0	19 (9.84)	67 (34.7)	21 (10.8)
Master's	0	28 (14.5)	29 (15.0)	0
Doctoral	1 (0.5)	3 (1.6)	19 (4.7)	6 (3.1)
N	1 (0.5)	50 (25.9)	115 (59.6)	27 (14.0)

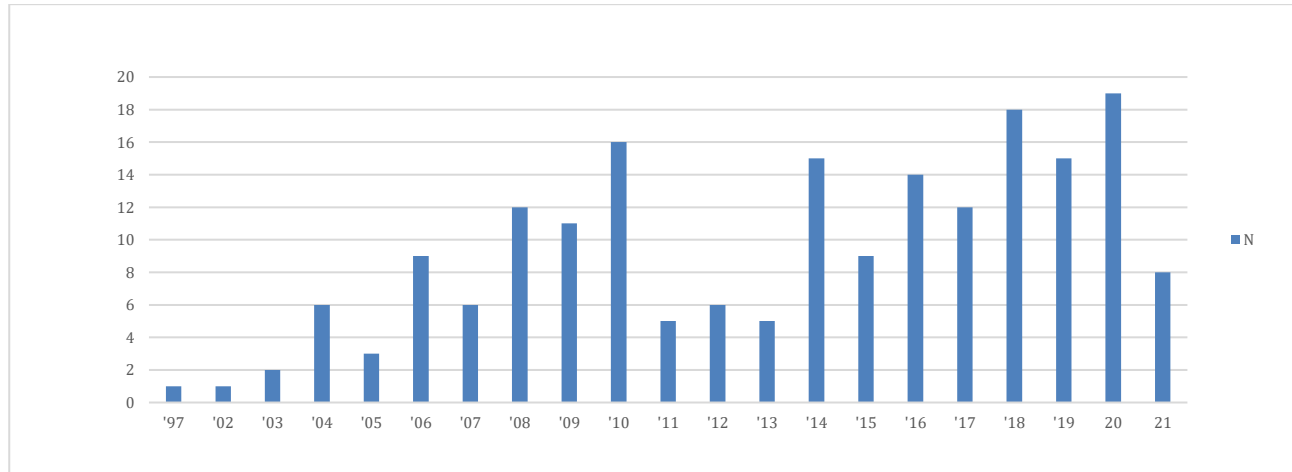


Fig. 3: Publication trend by year

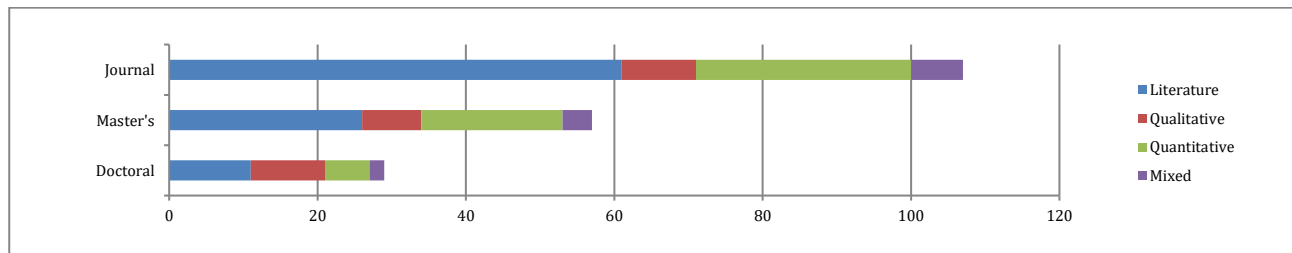


Fig. 4: Research classification analysis trend

Table 6: Study method analysis by publication type

	Literature	Qualitative	Quantitative	Mixed	S
Journal	61 (31.6)	10 (5.2)	29 (15.0)	7 (3.6)	107 (55.4)
Master's	26 (13.4)	8 (4.1)	19 (4.7)	4 (2.1)	57 (29.5)
Doctoral	11 (5.7)	10 (5.2)	6 (3.1)	2 (1.0)	29 (15.0)
S	98 (50.7)	28 (14.5)	54 (27.9)	13 (6.7)	193(100)

Table 7: Study method analysis table according to period by research classification

Y		~ 1999	2000 ~ 2009	2010 ~ 2019	2020 ~
N		1 (0.5)	50 (25.9)	115 (59.6)	27 (14.0)
Master's		0	28 (14.5)	29 (15.0)	0
Study Method	Literature	0	12 (6.2)	14 (7.3)	0
	Qualitative	0	5 (2.6)	3 (1.6)	0
	Quantitative	0	9 (4.7)	10 (5.2)	0
	Mixed	0	2 (1.0)	2 (1.0)	0
Doctoral		1	3	19	6
Study Method	Literature	1 (0.5)	1 (0.5)	8 (4.1)	1 (0.5)
	Qualitative	0	2 (1.0)	5 (2.6)	3 (1.6)
	Quantitative	0	0	5 (2.6)	1 (0.5)
	Mixed	0	0	1 (0.5)	1 (0.5)
Academic		0	19	67	21
Study Method	Literature	0	11 (5.7)	34 (17.6)	16 (8.3)
	Qualitative	0	2 (1.0)	8 (4.1)	0
	Quantitative	0	4 (2.1)	23 (11.9)	2 (1.0)
	Mixed	0	2 (1.0)	2 (1.0)	3 (1.6)

As a result of analyzing the research methods according to the period of each research classification, literature studies were the most

common in the articles published before 2009. After 2010, it could also be observed that literature studies accounted for the majority. Although

quantitative research was used as the research method, it was observed that the qualitative research method is relatively widely used in doctoral dissertations. As for this, qualitative papers tend to have a lot of volumes. This is because the length of the doctoral dissertation is sufficient for qualitative study. When Ayurvedic healing techniques are qualitatively studied, the effect can be expected in more detail.

3.6. Trend analysis of publishing universities

The following (Table 8) is an analysis of each University that produced the theses.

As a result of the analysis of the university that awarded Ayurveda master's thesis, Chang-Won University produced the most theses with 12 articles (17.4%). After that, Won-Kwang University had 7(12.3%) articles, Sun-Moon University had 6(10.5%) articles, and Dong-Guk University and Jung-Ang University had 4 articles each.

Furthermore, 7 universities had 2 articles each. There were 10 schools with one article each, and they were treated as the others. Universities that award two or fewer Theses were labeled as others.

The following (Table 9) is an analysis of institutions that award doctoral dissertations. Also, universities with less than two doctoral dissertations were labeled as others.

As for the doctoral dissertations, Dong-Bang Graduate School of Cultural Studies produced the most doctoral dissertations with eight (9.3%) studies. Seoul Venture University had five articles (17.2%), and Dong-Guk University, Sun-Moon University, Chang-Won University, and Sung-Shin Women's University each had three dissertations. The universities that each published one dissertation was labeled as others.

The following (Table 10) are the results of analyzing the publication Journals of the journal articles.

Table 8: Analysis of universities that award master's thesis

University		Chang Won	Won Kwang	Sun Moon	Chung Ang	Dong Guk	Others.	Total
Master's	N	12	7	6	4	4	24	57
	%	21.1	12.3	10.5	7.0	7.0	42.1	100

Table 9: Analysis of universities that award doctoral dissertations

University		Dong Bang Culture	Seoul Ventur	Dong Guk	Sun Moon	Chang Won	Sung Shin Woman's	Others	Total
Doctoral	N	8	5	3	3	3	3	4	29
	%	27.6	17.2	10.3	10.3	10.3	10.3	13.8	100

Table 10: Analysis of journals publication

Journals	Ayurveda Fusion	Society of Beauty and Art.	Society of Beauty Industry	AJ MA HS	Lifelong Education Leadership	Society for Indian Philosophy	Society for Indian Studies	Coun selling	Others	Total
N	29	8	7	5	4	4	4	4	42	107
%	27.1	7.5	6.5	4.7	3.7	3.7	3.7	3.7	39.3	100

As a result of analyzing the institutions of Ayurveda Journal articles, a total of 29 articles (27.1%) were published in the journal of the Korean Ayurveda Association out of a total of 107 articles. The Korean Journal of the Society of Beauty and Art published eight (7.5%) articles and the Journal of the Korean Society of Beauty Industry had seven (6.5%) articles. The Asia-Pacific Journal of Multimedia Services Convergent with Art, Humanities, and had five (4.7%) articles and the Journal of the Korean Society for Lifelong Education Leadership had four (3.7%) articles. The Indian Philosophical Society had four articles (3.7%). The Indian Institute had four articles (3.7%). The Korean Counseling Society had four articles (3.7%). Those with less than three cases were labeled as others.

4. Discussion

This study tried to analyze the trends of study on Ayurveda in Korea. Ayurveda is a natural healing system that heals the body, mind, and soul as a traditional medicine in India. The importance of natural healing is being emphasized more

domestically and internationally, and various methods and healing theories that increase an individual's immunity are being re-evaluated. Against this background of the times, it is urgently necessary to analyze the trends of Ayurveda studies. This study was investigated from January 1997 to June 2021 by Research Information Sharing Service (Riss), focusing on domestic Journal articles and degree thesis. The data were searched through the keywords 'Ayurveda (Korean)' or 'Ayurveda' in the title of the Study.

In this study, 57 master's theses, 28 doctoral dissertations, and 108 journal articles were selected and analyzed bringing a total of 193 theses. A total of 115 researchers have emerged from writing the concept of Ayurveda in Korea from 1997 until June 2021. In the results of the classification of research methods according to gender, the number of female researchers was nearly three times greater than that of male researchers. Among the 115 researchers, the person with the largest number of studies was Mee-sook Cheong, who published 23 articles in Korea. According to her major, she understood the original text and used Ayurvedic healing techniques in

counseling to verify the healing effect. Following her were the authors, Cheon-Sung Yun, Geo-Ryong Lee, Ki-Wook Kim, and Eul-Sik Moon who majored in Indian Philosophy and Korean Medicine, mainly studying the understanding of the original text. The purpose of this study is to present basic data to future researchers by arranging the trends in Ayurvedic studies.

As for the results according to gender, it was confirmed that there were significantly more female researchers than male researchers in both master's and doctoral studies and academic thesis. This is because counselors have done a lot of Ayurveda research. Most of the counselors are women. Therefore, it is also one of the reasons why there are so many female researchers. It could be concluded that women are more interested in health prevention through natural healing.

As a result of examining the study methods according to gender, it could be seen that both the male and female researchers did a number of literature studies on Ayurveda a traditional medicine in India, written in Sanskrit. Therefore, it can be said that there are many literature studies because various studies are difficult without understanding the original text of Ayurveda. In addition, men did write many literature studies and mixed research while women wrote literature studies and quantitative studies. Since the study method is related to the number of study cases of the researcher, there was a problem in distinguishing the study methods for men's study.

Trend analysis of dissertations and journal papers according to publication year started in 1997 (1), and a very large number of theses were produced in 2010 (16). The number of Ayurvedic papers went up in 2018 (18), and the number of papers increased until 2020.

The collected papers in 2021 were until June only. Thus, more papers may be published in the second half of the said year. Interest in Ayurveda as natural healing and basis of well-being grew actively. In 2020, during the COVID-19 pandemic, there was a rise in the need for NK cells, thus, Ayurvedic research also increased

And as for the study classification by period divided into 4 periods, there was no significant difference in the number of studies in the 2000s and 2010s for the master's thesis. In the 2010s, it was confirmed that the number of doctoral dissertations and journals more than doubled compared to the previous year. In particular, it was confirmed that the number of studies more than doubled in the 2010s compared to the 2000s. This is considered to be the same as the above reason.

When looking at study methods by study classification, most of the master's and doctoral dissertations and journal papers were literature studies. This is because Ayurveda is an Indian classic, and it is difficult to utilize it without studying the original text. Therefore, literature research is essential to study the original text.

As a result of analyzing the study methods used by period, most of the literature studies were conducted from the first period to the fourth period. Among other study methods, quantitative research was most frequently used, but it was observed that qualitative study methods were used relatively frequently in doctoral dissertations.

The results indicated that the master's theses, doctoral dissertations, and academic journals were mainly focused on Ayurvedic healing techniques. Understanding the Ayurvedic constitution would help improve one's health and restore wellness through a lifestyle that suits one's constitution.

According to the analysis of the publishing universities, Chang Won University had the most master's theses and Dong Bang university had the most doctoral dissertations. The Korean Journal of Fusion Ayurveda by the Korean Ayurveda Association produced the most papers in the journal. This shows the path of movement of the Ayurvedic president and shows an interesting result. Through this study, it was found that the research activities of the Korean Ayurveda Society became the driving force for active Ayurveda research.

The natural healing remedies of Ayurveda include diet, purification, herbal therapy, breathing therapy, meditation therapy, color therapy, stone therapy, astrology therapy, massage therapy, asana therapy, marma therapy, aroma therapy, mantra therapy, and meditation. Ayurvedic research has continued to flow into quantitative and qualitative studies based on literature research articles that have been translated and understood from the original text. Therefore, from 2010 to 2019, the development of a constitution-type test paper helped the general public to know their constitution. In addition, it has developed into Ayurveda that permeates deeply into life through stress management and healing programs, addiction and psychological healing programs, and the number of articles seems to have exploded. From 2010 to the present, it can be seen that Ayurveda is being actively studied in many academic societies.

5. Conclusion

According to disease-related studies using Ayurveda, Ayurveda is a method of aging management and psychological healing in old age, improvement of concentration, taekwondo training, stress, depression, and helplessness improvement program. Ayurveda is a constitutional medicine that begins healing based on the three constitutions (tri-doṣa). It was applied as a way to detail it. This can be predicted by the quality and quantity of research articles. As such, in the future, it is hoped that there will be an analysis study on what kind of healing technique the research disease has used.

This study analyzed the trends of all dissertations and journal articles from 1997 to June 2021 and aimed to present basic data for future researchers by organizing these research trends.

In conclusion, the natural healing system of Ayurveda, a classical medicine, moved with the flow of time. By looking at the trend of the condition of well-being and the trend of the condition of COVID-19, we could tell the result. More diverse studies using Ayurvedic healing techniques should emerge in the future.

Compliance with ethical standards

Conflict of interest

The author(s) declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

References

- Cheong MS (2003). Comparative study on the humanistic approach to psychology and the Ayurveda. Changwon University, Changwon, South Korea.
- Cheong MS (2006). Well-being and its program from the viewpoint of modern science, oriental medicine & Ayurveda. Ph.D. dissertation, Changwon National University, Changwon, Korea.
- Cheong MS (2017). Theory and practice. Yeorai, Seoul, South Korea.
- Cheong MS and Jeong SR (2021). A study on the between healing of Ayurveda and forest. Korean Journal of Fusion Ayurveda, 10: 1-13. <https://doi.org/10.52251/kjfa.2021.10.1>
- Cheong MS, Tae YJ (2020). Case study of healing by the Tran message of body for ADHD. Asia-pacific Journal of Convergent Research Interchange, 6(4): 47-55. <https://doi.org/10.21742/apjcri.2020.04.05>
- Frawley D (1989). Ayurvedic healing: A comprehensive guide. Passage Press, Vernon Hills, USA.
- Frawley D (1999). Yoga and Ayurveda: Self-healing and self-realization. Motilal Banarsi, Delhi, India.
- Frawley D (2006). Ayurveda and the mind: The healing of consciousness. Motilal Banarsidas, New Delhi, India.
- Kim KW, Park HK, and Seo JY (2008). A study of the medical classics in the Ayurveda. The Journal of Dong Guk Oriental Medicine, 10: 119-145.
- Kim YK and Youn CS (2016). Analysis of trends in master's and doctoral theses on the study of Ayurveda in Korea. Journal of Lifelong Education Leadership, 3(2): 5-24.
- Kim YR (2021). Trend analysis in theses about domestic Ayurveda study. Journal of Learner-Centered Curriculum and Instruction, 21(11): 607-624. <https://doi.org/10.22251/jlcci.2021.21.11.607>
- Lee GL (2013). The salvational meaning of the sarira (Body) represented in Ayurveda, Yoga and Tantra: Focusing on the parallel structure of five elements (Panca-mahabhuta), the multi-layer structure of five covers (Panca-kosa) and the bipolar structure of Siva. The Journal of Indian Philosophy, 39 (2013.12): 135-170. <https://doi.org/10.32761/kjip.2013..39.005>
- Park JW and Park CK (1998). Formation and system of the ancient Indian medicine (Ayurveda). Journal of Korean Medical Classics, 11(1): 516-674.